

Swimming Training Program

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Shoulder pain is one of the most common complaints among novice and competitive swimmers. The shoulder joint is inherently a very mobile, unstable joint. It requires a critical balance of stabilizing strength and power production in order to complete the four swim strokes without pain and injury. As with all sports, it is not acceptable to swim just to swim. In order to prevent overuse pain and injury, it is important to engage in a regular conditioning program that focuses on shoulder

blade strength and rotator cuff endurance. Also, core and leg strength and flexibility are key in producing the power and drive that swimmers need. The following exercise program is based on the best evidence shown to produce strength, endurance and stability in the swimmer's shoulder, including core and hip strength to maximize performance. Perform these exercises 3 times per week in addition to your regular swim workouts. Good luck and have fun!

1) Shoulder Retraction: Lie face down on a ball or a bench with weights in your hands. Lift your arms up with elbows bent, squeezing your shoulder blades in towards your spine. Repeat 2 sets of 15 reps.



2) Shoulder Abductions: Lie face down as in previous exercise. Lift arms straight out to the side with your hands rotated slightly up towards the ceiling. Squeeze your shoulder blades in towards your spine. Repeat 2 sets of 15 reps.



3) Extensions: Lie as in previous exercise. Lift your arms straight back, with your palms facing up towards the ceiling. Repeat 2 sets of 15 reps.



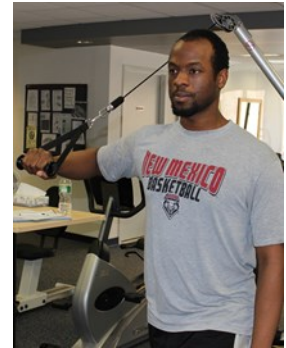
4) Prone Scaptions: Lie as in previous exercise. Lift your arms up at an angle overhead, so that you look like a "Y" from above. Lower back down and repeat, 2 sets of 15 reps.



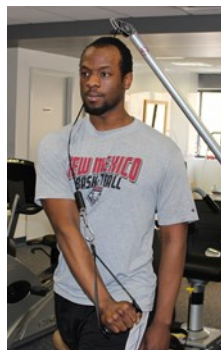
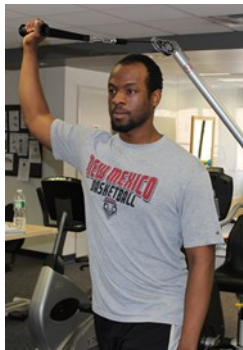
5) **Standing Scaptions:** Begin with weights in your hands. Lift your arms to chest height, at a slight angle. Lower back down and repeat, 2 sets of 15 reps.



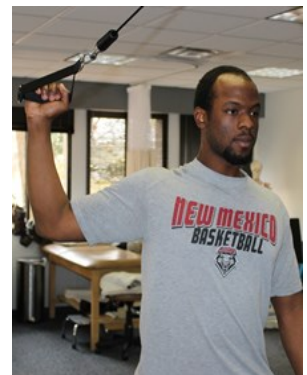
6) **Internal Rotation:** Begin at a pulley system or use an exercise band anchored in a doorway. Hold your arm out to the side, elbow bent, at 90 degree angles. Rotate the arm forward. Repeat 2 sets of 15 reps on each arm.



7) **Diagonal Extension:** Begin at a pulley system or use an exercise band anchored in a doorway. Hold your arm overhead and at an angle. Bring in forward and down towards your opposite hip. Return to start position, repeat 2 sets of 15 reps on each arm.



8) **External Rotation:** Begin at a pulley system or use an elastic band. Hold your arm with elbow bent at 90 degrees as shown. Rotate your arm back. Return to start position, repeat 2 sets of 15 reps on each arm.



9) **Diagonal Flexion:** Using a pulley system or elastic band, begin with your arm at your opposite hip. Lift your arm diagonally across and overhead, finishing with your thumb pointed back. Return to start position, repeat 2 sets of 15 reps on each arm



10) **Squats with Chest Press:** Begin standing with a medicine ball in hands. Squat down and press the ball away from you. Lift back up and repeat: 2 sets of 15 reps.



11) **Shoulder Stabilization:** Begin in a push up position, hands underneath your shoulders. Alternate tapping one shoulder with the opposite arm, repeat. Perform 15 taps on each arm for 2 sets.



12) **Push Up Plus:** Perform a push up. At the top of the motion, press your back up to the ceiling by separating your shoulder blades as much as you can. Lower back down, repeat 2 sets of 15 reps.



13) **Core Stabilization:** Begin lying down with arms overhead, hips and knees at a 90 degree angle off the floor, and stomach muscles engaged, low back in neutral position. Extend one leg out straight, then the other, without touching the floor. Repeat 20 reps on each leg, 2 sets.



14) **Core Stabilization 2:** Begin lying as in previous exercise. Extend both legs out straight at the same time. Keep your stomach muscles strong and your back in neutral position. Return to start position, repeat 2 sets of 15 reps.



15) **Unilateral Bridges:** Begin lying on your back with one knee bent, foot flat, the other straight in the air. Lift your hips off the floor. Lower back down, repeat, 2 sets of 20 on each leg.



16) **Plank Stabilization:** Begin lying on your stomach. Lift your whole body up, supported by your forearms and toes. Lift your right leg and left arm straight out. Lower back down and repeat with left leg and right arm. Repeat 10 reaches on each side.



17) **Press Ups:** Lie on your stomach, hands underneath your shoulders. Lift your trunk up while keeping your hips flat and relaxed. Lower back down and repeat: 1 set of 15.



18) **Hip Stretch:** Kneel with one leg bent in front. Shift your hips forward and reach your arm up overhead. You should feel a stretch in the front of your rear thigh. Hold 30 seconds, on each leg.



19) **Hamstring Stretch:** Lie on your back with one leg straight up, holding behind the knee with your hands. Hold 30 seconds, repeat each leg.



20) **Chest Stretch:** Stand at a wall or doorway with your arm out to the side. Rotate your body away, hold for 30 seconds, repeat 2 on each side.



21) **Shoulder Stretch:** Cross your arm in front of you and support it with your other hand, as shown. Hold for 30 seconds, repeat 2 on each arm.

